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WHERE WINNIPEG IS HEADED INTO 2016 AND BEYOND

INSIDE THIS SPECIAL PORTFOLIO

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VISION FOR
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A Special Report by Star Metro Media

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‘Winnipeg’s best days have yet to come’

Q&A

Mayor Bowman talks transit, homelessness and Grey Cup

It’s safe to day that Winnipeg’s future is more positive than it’s been in a long time, and no one is more enthusiastic about the cool things happening in the city than Mayor Brian Bowman.

In an interview with Metro Winnipeg, Mayor Bowman talks upcoming events, innovation and why we should all be excited.

On rapid transit, road repair and the city’s share of provincial revenue for both:

“The focus over the next year is continued commitment to making investments in infrastructure, not only road infrastructure but public transit, as well as active transportation. Roads, though, is the number one issue for Winnipeggers.

“The second issue, though, will be an increasingly public discussion, ... on securing provincial partnership for a funding model that works for Winnipeg.

“We have a wonderful opportunity, with the provincial election coming, for all of the three major party leaders who want to serve after the next election as premier (to discuss this.) The keys to Broadway is through Winnipeg.”

On helping to eliminate homelessness:

“There is a role for the municipi-



Mayor Brian Bowman says the city’s future has never been so positive. METRO FILE

ality to play... End Homelessness Winnipeg is the new legal creature that’s been created to help end homelessness in our city. I actually met with End Homelessness Winnipeg and reps from the United Way last week to get a status report of

where they’re at. The funding has been mapped out for the city’s portion of \$150,000 a year, this year and for the next four years... so that we can really focus on helping those that are most vulnerable in our community.

On the upcoming Grey Cup Festival and Canada Summer Games events:

“The Grey Cup Festival is absolutely something that Winnipeggers will do what we’re really good at, and that is welcoming newcomers to Winni-

peg and having a good party. One of the other things that jumps to mind for me is the 2017 Summer Games. That is such an incredibly large undertaking for Winnipeg. I have no doubt we’ll be able to pull off the best Canada

Games ever. Four thousand athletes, 20,000 visitors, it’s a huge undertaking.

“It’s funny, I remember when I was in university, there would be like one event happening in Winnipeg every weekend, and right now, it’s actually tough to keep up.”

On a new full-standing city committee focusing on innovation:

“Innovation Alley, the honorary renaming of Adelaide (Street) is an important symbol for the city’s emerging tech sector. There’s a lot more work we have to do. I visited Skip the Dishes (recently), they’re the fastest-growing tech company in the country right now, we need to continue to provide support. Internally at the city of Winnipeg, we need to encourage more innovation within the city of Winnipeg.

“We (now) have a \$1 million fund that is accessible to various departments. What’s happened in the past is departments have come forward during the budget process and said ‘We can save you money, but we need to buy, you know, LED lights... it will cost money to save money in the long run.’ That’s what this fund is set up for.”

On the city’s future:

“When I was running for office, I said then and I continue to say is that Winnipeg’s best days have yet to come. And I believe that more than ever before, from what I’ve seen from my first year in office. There is such a depth and wealth of community leaders that are doing amazing things in our community.”



The 2016 U-Pass program is getting underway, improving transit for full-time students. CONTRIBUTED

Just a taste of rapid transit

Next phase to connect downtown to the university

Donna Maxwell

Jenny Gerbasi likes the idea of imagining Winnipeg with a Rapid Transit System, and while

the push to expand it here has met plenty of roadblocks, she hopes Winnipeggers can borrow some foresight from English planners who more than 150 years ago built an underground steam engine system that transported Londoners around their fair city.

"Imagine how crazy that must have seemed," laughed the city councillor for Fort Garry-East Fort Garry.

"The imagination it must have taken to build that sub-

way system over 150 years ago is incredible."

Winnipeggers are just now getting a tiny taste of life with rapid transit, with Phase 1 shuffling riders from downtown to Pembina and Jubilee. And while Gerbasi thinks they like it, she also thinks they'll appreciate Phase 2, which will extend service to the U of M.

"We've only had Phase 1 and I find people get on it and they go, 'Whoa, that was really neat,' you know, but it's over in a few

minutes," she said.

"So to have a route that connects the downtown to the university...people are going to be really enjoying it when we finally get there. It's been a long road to get there."

There's more immediate news for improved transit for students with 2016's U-Pass program getting underway. Full-time students at University of Winnipeg and U of M will all have the passes that allow unlimited bus transportation for

\$260 for eight months.

Gerbasi said it's exciting because it'll get students out of their cars and onto the bus, and it's extremely affordable.

Red River College isn't included in the U-Pass program because its student union didn't vote in favour of it. Fees for U-Passes are included in student fees for full-time students.

The oft-delayed smart cards, which replace printed passes and bus tickets, should be available soon too, though Gerbasi

couldn't give a date. She said the cards offer riders much more flexibility, because they can top up their card whenever is convenient for them.

"I think people are really going to like it," she said.

The system, which was originally supposed to be available in 2013, has seen numerous delays. But, when it does finally come into play, Gerbasi said riders will love simply being able to wave their card past electronic readers that will be on every bus.

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Balanced real estate market helping buyers

BUYING YOUR HOME

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Donna Maxwell

If you became a first-time homeowner in Winnipeg, say five years ago, you might not have much memory of your purchase — other than it was a whirlwind of offers, bidding wars and searching for another option because you were outbid.

Hopefully, it culminated with the purchase of a home you love, not just one you settled on.

Those days appear to be in the rear view now. Century 21 Bachman & Associates Realtor and Manitoba Real Estate Association president Roberta Weiss says those looking to purchase a home in the coming months will do so in a more “balanced” market.

Weiss said there's more inventory available and the purchasing process, though always somewhat hectic due to the fact a home is a major purchase, will

be more relaxed.

“What that means for buyers is that they've got lots of options and they've also got the time to make an offer based on financing approval, home inspection, those kinds of things where previously with a really crazy, heated-up market offers were often made unconditionally,” Weiss said.

“In terms of what's happening now I think buyers are in a really good position.”

The fact properties aren't selling immediately after the sign goes on the lawn isn't all bad news for sellers. Weiss said stats show that houses might be on the market a little longer, but they're still selling and in many cases at two per cent more than last year. And, a recent study predicts Winnipeg house prices could increase by three to five per cent in 2016, she said.

“I think the market is still really healthy, it's active,” Weiss said.

And some houses — those that have something unique the buyer is looking for — are still selling quickly and for more than the list price.

“Generally speaking those days are over in most areas,” Weiss said.

“It still does happen but not anywhere near the occurrence that it used to.”

If you're in the market for



Roberta Weiss. CONTRIBUTED

a condo, whether it's resale, newly built or under construction, Weiss said you've arrived at the right time.

“There's a tremendous inventory and it is making the market a little sluggish,” she said.

“I would say that if you're in the market for a condo it's a great time to be exploring buying.”

Legislation introduced about a year ago also benefits condo buyers, Weiss said, providing a seven-day cooling off period for buyers once they've received all documents, allowing them time to check the health of the condo corporation they're buying into. All condo corporations have until February 2017 to complete a reserve fund study, which Weiss said will “aid buyers in what's coming down the road in terms of required maintenance and repairs”.



A more 'balanced market' means it may be easier to purchase your home now than five years ago. SHUTTERSTOCK

SkyCity to redefine Winnipeg skyline

Donna Maxwell

Ben Myers is optimistic that in about a year from now the ground will be broken on Graham Avenue and the foundation begun for a building that will eventually alter Winnipeg's skyline and change not only our view of our city, but the view from all points north, south, east and west.

Myers is the senior vice president of market research at Fortress Real Developments Inc., the group behind SkyCity Centre, a 45-storey vertical village that last month began pre-selling condos for the ambitious development at 245 Graham Ave.

SkyCity has been hyped in Winnipeg for more than a year, and Myers said the initial response has been great.

"We're about a month into our sales program and we certainly couldn't be any happier with the results," Myers said.

"We certainly beat our targets."

Winnipeggers were definitely interested when SkyCity opened its sales centre in September, and were lined up out the door to get in. It features a model suite and interactive displays that allowed people to look at the floor plans and even email them out so they could revisit them at home. There's also an eight-foot scale model of SkyCity that Myers said gives a feel of what the tower will look like.

SkyCity promises to be like nothing Winnipeggers have



SkyCity is optimistic that ground will be broke one year from now. CONTRIBUTED

ever seen here. The building will house 388 condos, which are selling for a starting price of \$190,000, 20,000-square feet of retail space and 30,000-square feet of amenities space on the 46th floor that will include a sky lounge, patio, gym and movie theatre. The top space means anyone who buys in will have a piece of Winnipeg's best view.

"Even if you buy on the lower floor, we have this 46th floor lounge and amenity space that any resident can take their guests up to and have this tremendous skyline view. People

are pretty excited about that."

Myers said there will be a six-storey pentace atop the building, a "decorative triangle", and it will become what defines the city's skyline.

"(It will) really set the tower apart from anything that's out there in the province, and really, in between Toronto and Calgary," Myers said.

"We want to be a beacon for the city and we want to be a postcard shot...that people take home with them and say 'wow, that's one of the cooler towers that I've ever seen.'"

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Lower fares in time for the holidays

Donna Maxwell

Winnipeggers already have the gift of a new lounge to relax in before boarding flights at Richardson International Airport and New Leaf Travel is promising another present.

New Leaf is the airport's newest tenant and David Elias, director of corporate communications, says Winnipeggers can expect New Leaf's unbundled product and reduced fares to kick in just in time for holiday travel.

"Before Christmas we expect to start making flights available to customers and I think they're

going to be pretty excited by some of the fares that are available to them," Elias said.

"We're estimating that our fares are going to be anywhere from 25- to 40-per-cent lower than what's generally found or available to Canadian travellers right now for domestic flights."

That's a present anyone would love, and Elias said it's doable because you choose what you want to pay for.

"The reason is that our model is that we're an ultra-low-cost carrier. Everything is unbundled," he said.

"We're going to basically be charging our fares at cost, and that's essentially just gas money to get you from here to there

and then anything additional that you require is available to you, so you'll have money left over to buy the things that matter to you for your travel experience."

A basic trip includes your seat, seatbelt and a carry on, Elias said, and you can add whatever you want to that, including early boarding, seat selection and beverage services, but you'll pay for whatever you add on. And, the prices for everything are lowest when you book in advance.

"You can customize the travel experience to your needs and you'll have extra cash in your pocket to do it."

New Leaf CEO Jim Young

said they expect to employ 750 people within the next three years.

"We're thrilled to be here in Winnipeg and we're looking to offer flights and travel opportunities at prices that we think the marketplace needs and deserves," Young said.

New Leaf is partnering with Flair Airlines out of B.C. and Winnipeg will be home to its head office.

"The advantage we get in partnering with an established chartered carrier is that they bring to us a nice dependable fleet of modern 737 400-Series aircraft. They also bring experienced pilots and they have a very good safety record to date," Elias said.



New Leaf CEO Jim Young at the low-cost carrier's head office at Richardson International Airport. CONTRIBUTED

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Artists rendering of the Skilled Trades and Technology Centre at Red River College's Notre Dame campus. CONTRIBUTED

Work on new college facilities begins

EDUCATION

Additions will help build vibrant communities

Donna Maxwell

It's a hole in the ground at Red River College's Notre Dame campus now, but by 2017 it'll be the Skilled Trades and Technology Centre.

"It's going to be a 100,000-square-foot facility that will expand our skill training capacity here at Red River College," said Conor Lloyd, communications officer at RRC.

A ground-breaking took place in May, and in Octo-

ber piles were going into the ground.

Lloyd said skilled trades like carpentry, woodworking, manufacturing, metal works and HVAC, to name a few, will benefit from the centre, which the province has committed \$60 million toward.

"We're not sure how many students it'll officially add but it's going to expand our carpentry programs, our HVAC programs, it'll be able to accommodate up to about 1,000 students at the facility," Lloyd said.

"What it's going to do is take our spaces that are operating at capacity, or that could benefit from being larger to facilitate better learning, and it's going to enable us to really enhance and put an update to a lot of our (programs)."

The centre is scheduled to

be completed by the end of 2017.

The University of Winnipeg broke ground on UWinnipeg Commons this summer, a 14-storey, mixed-use apartment complex that will feature 102, one-to-three bedroom apartments at 320 Colony St.

There will be 46 apartments with affordable rent for students with families who attend U of W or other post-secondary institutions and 32 of the units will have the rental price tied to income.

The other 56 apartments will be available to the community at large at market value and 18 of the units will be considered premium.

The apartment will be located between the Buhler Centre and the Winnipeg Art Gallery and across from Hudson's Bay.

"We know that high quality, affordable housing connected to campus is important to our students, especially those who are also parents juggling family life and studies," said Dr. Annette Trimbee, president and vice chancellor at the U of W.

"People who choose to call this home will be steps away from shopping, day care, the arts and theatre, concerts, sports events, lectures and public transit. This new apartment complex serves our broader mission which is to engage with the community and add to the renewal of the downtown core."

The new building will be owned and managed by the U of W Community Renewal Corporation. It's expected to be ready for tenants in fall 2016.



UWinnipeg Commons. CONTRIBUTED

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TAKE ME TO CHURCH



Local group asks to transform former St. Giles United Church into mosque

metroNEWS

DAVE BAXTER/METRO

Booze policies earn 'C' grade

RESTAURANTS CANADA

Report card gives Manitoba props for new liquor laws, bar hours



Dave Baxter
Metro | Winnipeg

Manitoba gets a grade of C when it comes to its liquor policies, and how those policies affect local restaurants, bars and alcohol consumers. Raise the Bar is a new "report card" put out by Restaurants Canada that grades each province in Canada on how their alcohol policies affect the hospitality industry. The report card says Manitoba has made some changes that lead to the C grade, but still has work to do. "These are the best of times and the worst of times. Hence, the down-the-middle C on this year's report card," said the report when referring to Manitoba's grade.

The report says Manitoba gets high marks for a "ground up rewrite" of its liquor laws that now allow restaurants to serve booze to customers without forcing them to buy food. The report also commended the province for allowing bars and restaurants to have extended hours during major events such as the recent FIFA Women's World Cup and upcoming Grey Cup game. The report says not all is well though, as Manitoba bars and restaurants get no wholesale or discount pricing for their alcohol purchases, and Manitoba Liquor and Lotteries continues to maintain a "wholesale monopoly" on the sale of alcohol to businesses. "Where there is no room for negotiation, the price of a product is set. This eliminates the potential for consumers to benefit from price reduction and enhanced choice," said the report. The report gives Atlantic Canada the worst grade of F, while Alberta leads the pack with the grade of B+.

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FATAL ASSAULT

Changes coming to protection orders

Manitoba's attorney general said the province will make it easier for people to get protection orders following the brutal beating death of a young mother.

Selena Keeper was denied a protection order against her former boyfriend in May — five months before he was charged with killing her.

The 20-year-old woman was found in critical condition outside a home last month. Police said she had been assaulted repeatedly inside the house. She was left outside and later taken to hospital, where she died.

Attorney General Gord Mackintosh said the province is determined to improve the application process for those at risk.

"Recent events, including the tragic death of a young woman, have shown protective orders aren't always as accessible as they should be," he said at a news conference Monday.

Before making changes, Mackintosh said Manitoba is looking for feedback from people who have had experience applying for protection orders or helping someone else apply.

THE CANADIAN PRESS



POLICE PACKAGES NO THREAT TO PUBLIC Two suspicious packages shut downtown streets Monday, causing the evacuation of the Delta Hotel, the 311 Contact Centre and CityPlace. The packages were not related and both were determined to not be a threat, said police. MEG CRANE/FOR METRO

INTERPROVINCIAL RELATIONS

Beer hops into west trade dispute

A trade dispute between Manitoba and the other western provinces grew Monday when the Saskatchewan government said Manitoba could have avoided any trouble long ago by joining a regional trade agreement.

"Manitoba has been repeatedly invited to become a member of the New West Partnership, but they have chosen not to do so," Saskatchewan Trade Minister Jeremy Harrison said in a written statement.

"We would continue to welcome Manitoba's membership in the New West Partnership, which would address the issue raised by Manitoba."

Saskatchewan, Alberta and British Columbia established the partnership in 2010 in an effort

to reduce trade, investment and labour barriers. Manitoba opted not to join.

In recent weeks, two of the partnership provinces have started giving preferential treatment to companies within the trade zone. Saskatchewan has started limiting some Crown corporation contracts and Alberta has announced preferential pricing for craft breweries based in the three provinces.

Manitoba's minister for jobs and the economy, Kevin Chief, has said the Saskatchewan move surprised him. He also said Manitoba has been focusing its energy on renewal of a trade deal that covers all provinces — the Agreement on Internal Trade.

THE CANADIAN PRESS

Keeping hope alive

MISSING PERSON

Family allowed to continue search for daughter

A family desperately seeking answers to a loved one's disappearance is being allowed to continue searching for clues on a Manitoba reserve.

Bernice Catcheway — whose daughter Jennifer disappeared seven years ago — said the

family was barred from searching the Dakota Tipi reserve after searchers brought in a backhoe recently.

Chief David Pashe said searchers were digging holes and knocking down trees with their equipment. He said he would need to see an RCMP search warrant before searchers would be allowed back in.

Grand Chief Sheila North Wilson, who represents northern First Nations, said she sat down with Pashe and his council Monday and the search will be allowed to continue.



They're going to search no matter what.

Sheila North Wilson

Catcheway was 18 in June 2008 when she vanished from Grand Rapids while on her way to Portage la Prairie, Man. The family was searching the reserve after a tip that Catcheway may have gone to the community for a party before her disappearance.

The RCMP has said there is insufficient information to request a warrant to search the reserve's landfill or other areas where the searchers looked recently.

The Catcheway family is hoping the RCMP will follow up on some of the tips the family has received rather than search for answers on their own, North Wilson said.

"They're not putting all their hope in that because they haven't seen the RCMP do a lot of the legwork that they've done," she said.

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Church still heritage site

DEVELOPMENT

City denies request by Muslim group to strip status



Dave Baxter
Metro | Winnipeg

The city's Downtown Development Committee has denied a request to have the heritage designation of a North End church stripped.

A Muslim group wants to convert the former St. Giles United Church at 294 Burrows Ave. into a mosque, but the conversion of the building would require a number of changes to the interior, which would currently not be allowed because of its historic designation.

Mohammad Tariq is representing a group that has a tentative deal to purchase the church, but said earlier this year the deal would not go through unless interior changes to the building could be



Mohammad Tariq is representing a group that has a tentative deal to purchase the former St. Giles United Church at 294 Burrows Ave. DAVE BAXTER/METRO WINNIPEG

made.

On Monday the city's Downtown Development Committee denied the request to have heritage designation lifted because they believe the group

can still make the changes they want to make, while keeping heritage status.

City Director of Planning, Property and Development John Kiernan said the group

would be able to make changes to the inside of the building by taking out permits, and said the city would work with them as they work to make those changes.



I think that diversity is very important for all communities.

Chelsea Cardinal,
North End resident

Tariq said as long as city administration gives assurance the needed changes could be made, the group will go ahead with the purchase of the building.

North End resident Chelsea Cardinal said a mosque would be a good thing for the community because recently more new Canadians, and people who follow the Muslim faith are moving into the area.

"I think that diversity is very important for all communities," said Cardinal.

"So it would be a very positive thing for this community, and with any ethnic or religious group they want a place where they can gather and say their prayers."

ON THE ROADS

Four dead after head-on collision in Rosedale

Four people are dead after a head-on collision in the RM of Rosedale.

Just after midnight on Monday Neepawa RCMP were called to a collision involving two vehicles in the northbound lane on Highway 5, about four kilometres north of Highway 16 in Rosedale.

Officers and emergency personnel found both vehicles with front-end damage.

The driver of one of the vehicles, a 68-year-old woman, and her 70-year-old male passenger, both from Glenella-Lansdowne were pronounced dead at the scene.

The driver of the other vehicle, a 19-year-old male as well as a 20-year-old female passenger, both from Ebb and Flow First Nation were also pronounced dead at the scene.

RCMP said that so far they have not confirmed any contributing factors in the collision.

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winnipegtransit.com



MPs to vote on bill

PARLIAMENT OF CANADA ACT

Politicians weigh benefits of adopting new powers

The 338 MPs of the 42nd Parliament will have the opportunity this week to formally adopt new powers — the question is, will they view the changes as in their political interest?

Already, the NDP is signalling it likely won't support all or any of the new provisions in the Parliament of Canada Act, which originated in a Private Member's Bill by Conservative MP Michael Chong.

The Liberals are only just beginning to consider the implications. One high-level source suggested many in the party don't see the need to bind themselves by the provisions.

NDP House Leader Peter Julian refers to Chong's bill, passed into law in June, as the "Conservative Reform Act."

When he put forward the bill, Chong said it was designed



NDP House Leader Peter Julian asks a question in the House of Commons in Ottawa in May.

SEAN KILPATRICK/THE CANADIAN PRESS FILE PHOTO

to rebalance power between MPs and the party leaders.

The four changes that each caucus will need to vote on before they get to anything else are:

- Whether MPs have the power to trigger a secret ballot leadership review after 20

per cent of them request one.

- Whether MPs have the power to suspend and reinstate colleagues via secret ballot.

- Whether MPs have the power to elect interim leaders.

- Whether MPs have the power to elect and eject their caucus chairpersons.

The Conservatives are facing the tricky question of whether to exclude senators from their vote for interim leader. The Chong bill specifies only MPs can participate in the votes, while the Conservative constitution refers to the parliamentarian caucus. THE CANADIAN PRESS

POLITICS

Trudeau has cartoonists on their toes



Mallory Chate
For Metro

Prime minister-designate Justin Trudeau is proving to be a breath of fresh air for some political cartoonists.

With a career based, literally, around drawing attention to world events, it's helpful to have some new characters in the mix once in awhile, said Graeme MacKay, a Hamilton cartoonist whose work appears in the Hamilton Spectator.

After 10 years of practice,

MacKay says he can draw outgoing prime minister Stephen Harper "with my eyes closed."

Artists live for the crazy moments that come with the territory of political cartooning, noting Trudeau is less stage managed than Harper was, which could lead to some interesting moments.

Then again, "politics is politics," said Halifax-based cartoonist Michael de Adder whose works appear in papers across the country. "It doesn't matter who's in power. You sit around waiting for them to make their first mistake."



Graeme MacKay drew this Justin Trudeau piece, which is one of MacKay's favourites. COURTESY GRAEME MACKAY

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Cause of jet crash puzzles experts

EGYPT

Human error and terrorism both on table: Investigators

Mystery and confusion surrounded the final moments of a Russian jetliner that plummeted suddenly from high altitude to the Egyptian desert, killing all 224 people aboard. The airline Monday ruled out pilot error or a technical fault, but Russian aviation officials dismissed that as premature.

Some aviation experts raised the possibility a bomb on board the Metrojet Airbus A321-200 brought it down.

James Clapper, the U.S. director of national intelligence, said that while there is no direct evidence of any terrorist involvement yet, it couldn't be excluded.

Asked if a terrorist attack could be ruled out, President Vladimir Putin's spokesman,

Dmitry Peskov, said no.

The Metrojet was flying at 31,000 feet over the Sinai when it crashed Saturday only 23 minutes after takeoff.

Metrojet firmly denied that the crash could have been caused by either equipment failure or crew error.

"The only possible explanation could be an external impact on the airplane," Metrojet's deputy director Alexander Smirnov told a news conference in Moscow.

In televised comments from Egypt, Nerdako said it would be possible to draw conclusions about the crash only after experts examined the plane's flight data and cockpit voice recorders and studied the wreckage.

British military analyst Paul

Beaver said he thought the crash was most likely caused by a bomb on board, because the Islamic State group hasn't been known to possess surface-to-air missile systems capable of striking passenger planes at cruising altitude.

"That's a very serious piece of equipment, and I don't think they have that sophistication," Beaver said.

Robert Galan, a French aviation expert, said Metrojet's claim of an "external impact" pointed to two possibilities: a bomb or sabotage.

"Either a bomb was placed during the stopover and programmed to explode after takeoff, or a mechanic sabotaged the plane," he said. "These are the two most probable hypotheses." THE ASSOCIATED PRESS



A bomb was placed during the stopover and programmed to explode after takeoff, or a mechanic sabotaged the plane.

Robert Galan, French aviation expert

Space Station marks 15 years

Humankind marked an off-the-planet pinnacle Monday: the 15th anniversary of continuous residency at the International Space Station.

NASA and its global partners celebrated the milestone, as did the six astronauts on board. The U.S., Russian and Japanese spacemen planned a special dinner 250 miles up.

Commander Scott Kelly, seven months into a yearlong mission, said the biggest benefit of the orbiting lab is toward goals for exploring deeper into space.

"It's a test bed for the technologies that we need to develop and understand in order to have a successful trip to Mars," American astronaut Kjell Lindgren said at a news conference.

Since the first permanent

crew moved in on Nov. 2, 2000, 220 people have come and gone, representing 17 countries.

The United States is in the lead because of all the space shuttle flights needed to deliver station pieces; Russia is in second place, and Canada and Japan tied for third.

NASA puts the number of experiments at this space station, over the years, at more than 1,760. NASA hopes to keep the complex running until 2024.

Japanese astronaut Kimiyu Yui said the space station has yielded a unique culture given all the nationalities involved, with the crew members respecting each other. If this were practiced back on the planet, he noted, "the Earth will be a much better place." THE ASSOCIATED PRESS

1 Oct. 31, 2000: A Soyuz spacecraft lifts off from the Cosmodrome in Kazakhstan with Expedition 1 Cmdr. William M. (Bill) Shepherd of NASA and cosmonauts Sergei Krikalev and Yuri Gidzenko. They arrived at the International Space Station (ISS) on Nov. 2, 2000.

2 Nov. 2, 2000: Shepherd, Gidzenko and Krikalev are the first to live and work on the ISS.

3 Oct. 10, 2007: Peggy A. Whitson becomes the first woman to command the ISS.

PHOTO CREDIT/TEXT: NASA HANDOUT

MIGRANT CRISIS

Germany to deport Afghans

Afghanistan will take back all its citizens to be deported from Germany as the European country struggles to accommodate hundreds of thousands of refugees and other migrants who have arrived there this year, a Kabul official said.

Afghans currently make up the second largest nationality, after Syrians, arriving in

Europe. So far this year, an estimated 120,000 Afghans have left the country, legally and illegally, according to authorities.

Germany has been feeling the pressure of the rising numbers of people coming in. Last week, Germany's interior minister complained of an "unacceptable" influx of Afghans from rela-

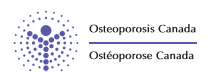
tively safe areas of their country, and warned that many of them would have to return home.

It isn't clear how many Afghans Germany might try to send back. However, German officials have been keen to stress that only people genuinely fleeing war and persecution are entitled to asylum.

THE ASSOCIATED PRESS



HELP PREVENT OSTEOPOROSIS.





EMMA TEITEL: ON MOVEMBER

Good things done for wrong or unsavoury reasons — social-media attention, for example — are more far-reaching than good deeds done in private.



American author Kurt Vonnegut was not fond of November, an awkward, meteorologically confusing month he believed we wrongly associated with autumn. “The poetry of four seasons is all wrong for this part of the planet,” he wrote. “Spring doesn’t feel like spring a lot of the time, and November is all wrong for autumn.”

But Vonnegut didn’t believe November was a winter month either. Instead, he thought November belonged to a hybrid season of his own invention, one he labelled “Locking” — when the days get shorter, the nights get colder and life in general seems to close in on itself — making way for legitimate and unforgiving winter around January.

(In a similar fashion, Vonnegut labelled March and April “Unlocking” months, when the world slowly opens up for true spring in May and June.)

Vonnegut’s theory is convincing — especially if you’re a Canadian used to prolonged awfulness outdoors. But it’s also outdated. Vonnegut’s November (he died in 2007) was starkly different from November today: a month no longer perceived as a dull layover between Halloween and Christmas, nor defined by unpleasant weather and ennui, but by something else entirely: raising money to battle men’s cancers by rejoicing in the facial hair growth of friends, family and co-workers.

November is no longer a bleak season of “Locking,”

It’s nice to have something positive to partake in, rather than merely stewing in bleak boredom before winter sets in.

then; it is the official season of Growing Facial Hair and it is a massively popular one.

The campaign responsible for this shift is called Movember. It is active in 21 countries worldwide, encouraging participants (“Mo bros”) to grow moustaches in order to raise awareness about cancers that affect men (prostate cancer, for example).



GROWING SEASON There’s nothing more pretentious than criticizing charity efforts, such as November fundraising for men’s health, for being too ostentatious, argues Emma Teitel. LORATO/ISTOCK

In the last 11 years, according to the campaign’s website, Movember has raised \$677 million for men’s health; last November, it raised \$24 million in Canada alone.

Movember is heavily reliant on social media for both exposure and fundraising (moustache selfies are extremely popular), which means even if you aren’t involved, you will most likely come across a Facebook friend’s proud picture or request for donation.

Despite its success, Movember has attracted a considerable amount of controversy in the last few years. Some of that controversy is plain ludicrous: the belief, for example, that Movember discriminates against men who can’t grow moustaches. (I myself can grow a full beard, which

I would attempt for no cause imaginable). But the more popular criticism of the campaign, one echoed in response to other big charity events such as the ALS Ice Bucket Challenge, is the belief, to quote British poet and historian William Hutton, that a “charity that hastens to proclaim its good deeds ceases to be a charity and is only pride

hard cash. Holley asks of the Ice Bucket Challenge: “How many people dumped a bucket over their heads for a laugh compared to those who actually stumped up some cash?”

The problem with this line of thinking is that it insists a charity be ideologically pure; people shouldn’t just do the right things, they should do the right things only for the right reasons.

But good things done for wrong or unsavoury reasons — social-media attention, for example — are more far-reaching than good deeds done in private, and they are far more likely to inspire others to give. A charity that hastens to proclaim its good deeds, to borrow Hutton’s words, may be prideful and ostentatious — but, more importantly, it’s wildly successful.

November — sorry, Movember — is now upon us, and I think it’s quite nice to have something positive to partake in rather than merely stew in the bleak boredom of “Locking” before winter sets in. And I suspect Vonnegut, a thoroughly un-cynical person, might have felt the same way.

As for the hypocrites who dislike Movember because they oppose so-called “hipster moustaches”: There is nothing in the world more annoyingly hipster-ish than turning your nose up at earnest people trying to make the world a better place. Be original for once, and chip in.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean’s magazine for the past four years, focusing on a wide range of subjects including women’s issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

High housing costs and homelessness are everyone’s problems

So — it really is the foreign buyers.

A new study of detached-home sales in three Vancouver neighbourhoods found two-thirds of all properties sold to Chinese buyers. That figure jumped to 88 per cent of buyers for homes over \$5 million.

It’s more evidence to spur Vancouver — and B.C. — to tackle the foreign-ownership thrust of its ludicrously over-priced housing market.

And that, in turn, is part of a much wider, much more existential housing question facing all levels of government.

NDP MLA David Eby, who provided the raw data to UBC geographer David Ley, called Vancouver’s hyperventilating house prices “a government problem” — namely, how do you create a city average people can afford to live in?

It’s a burning question these days for many in the so-called middle class, who grew up with expectations of someday owning a home, only to age alongside real-estate markets on steroids.

But it’s a question also being asked from the vantage point of the homeless.

In a ruling released late last month, the B.C. Supreme Court found Abbotsford violated the rights of homeless people when it banned them from sleeping in public parks.

All people have the right to shelter from the elements and a safe space to sleep, the court ruled. This has implica-

tions for all municipalities.

DJ Larkin, the lead counsel for Pivot Legal Society representing Abbotsford’s homeless, notes that we’ve been in limbo: stuck between courts wary of wading into politics by telling governments they have a responsibility to house people; and a lack of political will to solve housing cost problems for anyone, poor or middle-class.

That is shifting. Victoria has gone from evicting the homeless from parks, to musing about setting up a tent city, to recently paying homeless people \$20 each for input on temporary housing options. Medicine Hat, Alta., meanwhile, claims to have ended homelessness altogether (a feat Vancouver promised and failed to do by 2015).

Both Ontario and Alberta have also vowed to end homelessness (Alberta by 2017, Ontario with no fixed date).

During the federal election, all three major parties campaigned on policies that would address the furor over housing costs, and the Liberals will now be expected to implement their promised National Housing Strategy.

There’s nothing more basic, more central to our lives, than having a home. It’s not just a necessity or a sense of safety — it’s a sense of dignity, an opportunity for happiness, a physical foundation for a life. And: a new national preoccupation.

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BlackBerry releases first Android phone

TECHNOLOGY

Division's survival depends on Priv's success

The future of BlackBerry's smartphone business may very well be sitting in your hands later this week.

The BlackBerry Priv, the company's first Android device, marks what could be a last-ditch attempt by the Waterloo, Ontario-based developer to create a phone popular enough to save its struggling hardware division.

If the Priv doesn't sell, it's almost certain BlackBerry will pull the plug on designing phones after a series of sales flops whittled down its thriving device business into a money-losing operation.

"BlackBerry's handset business rides on the success or fail-



The BlackBerry Priv is displayed in Toronto on Friday.
GRAEME ROY/THE CANADIAN PRESS

ure of the Priv," said technology analyst Carmi Levy.

"If this device doesn't turn the sales tide around, expect a quick decision in the new year."

After being pummelled by the likes of Apple and Samsung, BlackBerry is doing what some

of its critics say should've happened years ago: appealing to existing smartphone trends instead of fighting against them.

For first time in its history, BlackBerry will be selling a phone beginning Friday that doesn't run on its own operating

system, using Google's Android system instead.

It's a compromise with the mainstream on almost every level. On the surface, its larger touch screen evokes the design of most smartphones on the market, while a slider keyboard caters to more traditional BlackBerry users who still favour one of the company's most beloved features.

In naming the device Priv — short for privacy and privilege — the company hopes to tap into a conversation about how we unknowingly share our personal details with third parties through various phone apps.

The Priv arrives in stores two years after concepts for the device began to take shape.

Over the coming weeks, BlackBerry will unveil a marketing campaign it says forgoes the traditional launch event in favour of spending on advertising throughout the crucial holiday shopping season.

THE CANADIAN PRESS

FOSSIL FUELS

Investors losing interest in oilsands

An exchange-traded fund that let investors track Canada's oilsands sector was quietly put out of its misery in late August.

Consultant Timothy Nash, who coaches clients on where and how they can make low-carbon investments, said the decision by BlackRock Asset Management Canada to close its nine-year-old fund was telling, suggesting there was likely low market demand for the product.

BlackRock said the fund's closure was part of a routine re-evaluation of its product lineup.

The iShares Oil Sands Index ETF was in rough shape. A dollar invested when the fund was launched in October 2006 would get back 34 cents on the day it was terminated. During its final year, the fund lost 45 per cent of its value.

Options for those looking to reduce their exposure to fossil fuels include renewable energy and water ETFs and an emerging class of investment called community bonds, which in Ontario are commonly used by co-operatives to raise funds for local renewable energy projects. TORSTAR NEWS SERVICE

IN BRIEF

TransCanada asks U.S. to pause Keystone pipeline

TransCanada Corp., the company behind the Keystone XL pipeline from Alberta to Texas, has asked the U.S. government — in a letter to U.S. Secretary of State John Kerry — to temporarily suspend its application.

THE ASSOCIATED PRESS

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TIM HICKS

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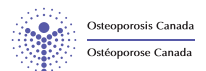


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Jojo turns struggles into song material

NEW ALBUM

Singer mines breakups for emotions she needs to write

Emily Laurence
Metro | New York



Many people still think of Jojo as the tween from her Too Little Too Late days, but the pop singer is back and getting the attention of both her old fans and new ones.

After a seven-year battle with her former label that would not release her third album, Jojo has a new deal with Atlantic Records, three new songs and a new full album in the works.

"I try not to think of it as being burned but as just part of my journey," she says of the industry drama.

"It gave me an edge and ability to be equipped this time around."

Jojo tells us she was going through a breakup when she started working on the new songs.

"I was in a state of high emotion when I started recording," she says.

+ WORKOUT TIPS

Jojo's secrets for washboard abs

Jojo rocks a crop top in the When Love Hurts music video and it's easy to see why — she's in sick shape. Here, she shares her tips:

1. Vary your workout.

"I have fun trying out different workouts. I do CrossFit and belong to a gym, where I do cardio intervals."

2. Incorporate weights.

"Holding a weighted bar or weighted plate is good for deepening cuts. I feel strong when my core is strong."

3. Try active resistance training.

"I like working against my natural weight to tone," she says.

METRO NEW YORK

Her music has always been influenced by her love life, which she admits isn't always a good thing.

"Sometimes I stay in situations longer for material and for the emotions they bring up," the 24-year-old says.

"As I get older, I realize that's not really good. I need to chill. But the content it creates is sometimes worth the struggle."

In just three weeks the When Love Hurts music video racked up well over a million views and Jojo says she was shocked by all the attention.

"I was wicked surprised! I was scared and wasn't sure what the response was going to be, but it's an incredible feeling knowing when I go

(on tour) I'll see so many familiar and new faces."

And while she's excited about the new songs, she doesn't mind taking a trip down memory lane singing her early hits.

"I actually enjoy performing (them) more now," she says.

"I didn't love Leave (Get Out) when I put it out, and now that I'm older and I've loved, it has a new meaning for me."

"I've definitely kicked somebody out of my house, so I get it now!"

Jojo says she was in a state of high emotion when she started recording her new songs. CONTRIBUTED



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WHAT I'M WATCHING THE AFFAIR, SEASON 1, EPISODE 9 (TMN)

This is a startling moment, because we haven't seen this Alison before

Johanna Schneller
For Metro Canada



The shampoo

Alison (Ruth Wilson) and Noah (Dominic West) — who spent the past eight episodes falling in love, even though they're both married to other people — have just had sex in his marital bed in Park Slope, Brooklyn. (His wife Helen and their four kids are away.)

Alison takes a shower. She reaches for a bottle of pricey-looking shampoo, looks on the bottom for a price tag, and gives a low whistle.

(Helen grew up wealthy, and has expensive taste. Alison is a small-town waitress.) She pours some shampoo into her hand to wash her hair. A mischievous look crosses her face. She squeezes half the bottle down the drain.

Now, this is a startling moment, because we haven't seen this Alison before. Each episode is divided in two — half tells the story from her point of view, the other half



Alison reveals a not-so-sweet side of herself in episode 9 of *The Affair*. HANDOUT

tells Noah's. In Alison's version of herself, she's sweet and simple; in Noah's, she's mysterious and demanding. But the shampoo incident occurs in Alison's half. It's a rare admission of her nasty side, and it made me reassess what I think of her. I've since seen episode 10 (the finale of Season 1), and four episodes of season two, but I went back to look at Shampoo Alison again because it's such

a provocative detail. That quality has yet to reappear in her character, but I hope it does, because it threw me for such a loop. I'm still trying to figure it — and therefore her — out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

TV BRIEFS

Serial podcast launching Season 2 on Pandora

The top-rated and popular podcast Serial will launch its second season on Pandora after debuting on iTunes last year.

Pandora announced Monday that it has become the exclusive streaming partner for the award-winning podcast as well as This American Life, of which Serial is a spinoff.

The first season, which included 12 episodes, told the story of Adnan Syed, a Baltimore high school student who was found guilty in 2000 of murdering his ex-girlfriend Hae Min Lee.

THE ASSOCIATED PRESS

New subscribers-only Star Trek series to debut

Star Trek is going boldly where it hasn't gone before with a brand-new edition of the sci-fi TV empire.

CBS Television Studios said Monday the "totally new" series will arrive in January 2017. But it will be available exclusively on CBS All Access, CBS' subscription streaming video service. THE ASSOCIATED PRESS

CRIME AND PUNISHMENT

Bieber finishes his sentence in egg case

Justin Bieber's cleanup work at a homeless shelter has paid off, with a judge agreeing Monday to take him off formal probation in a vandalism case filed after he damaged a neighbour's home with eggs.

Bieber's attorney presented proof Monday that the pop singer had completed 40 hours of community labour, the final term of his sentence in misdemeanor case.

A program manager at a homeless shelter where Bieber completed many of the hours praised Bieber for being willing to get "his hands dirty" by performing maintenance and janitorial work, according to a probation report filed Monday.

Bieber was required to perform community labour, repay around \$80,000 in damage to his neighbour's house and undergo anger management counselling as part of his sentence. His progress completing work at the homeless shelter was slowed by an ankle injury, but Bieber has received favourable reports from probation officials throughout the case.



Justin Bieber GETTY IMAGES

Bieber was sued earlier this year by Jeff and Suzanne Schwartz, his former neighbours whose home he damaged in January 2014.

Jeff Schwartz's suit also accuses Bieber of terrorizing his family with loud driving, unsafe driving and claims the singer spit in his face during one incident.

Bieber, 21, has since moved out of the gated community. He did not attend Monday's hearing.

THE ASSOCIATED PRESS

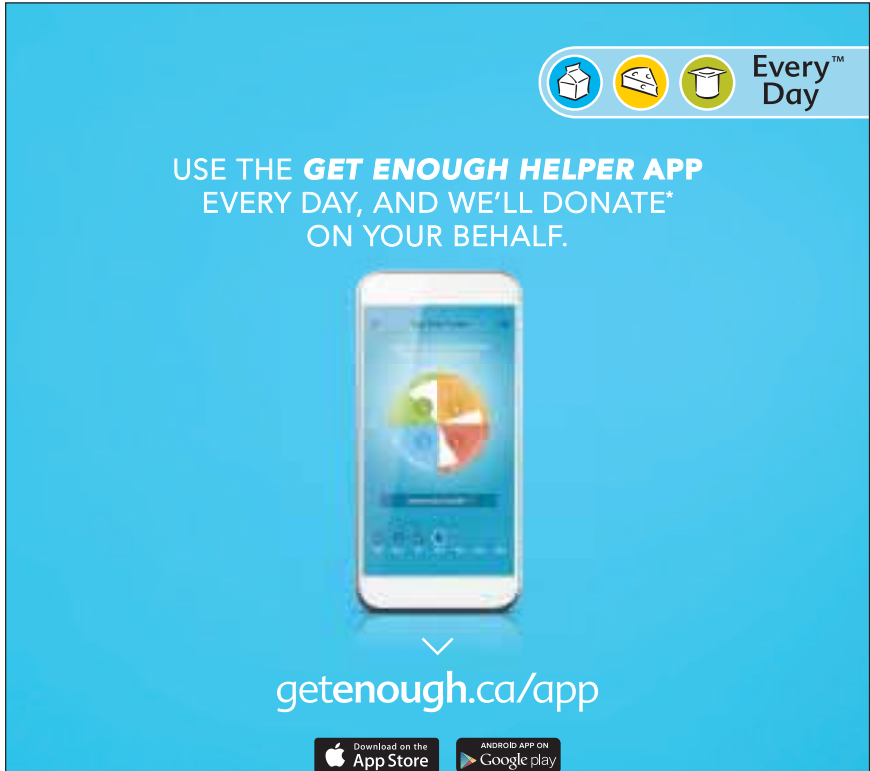


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Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Starbucks White Chocolate Mocha

With November upon us, we're lined up out the door to indulge in our favourite hot beverages. Starbucks comes to mind with all their tasty drinks, ranging from Pumpkin Spice Lattes, Peppermint Mochas, and the return of the red cups just in time for Christmas. But the classic Hot Chocolate is still one of the most popular to indulge in — sweet and creamy comfort in a cup. A twist on the traditional hot cocoa, a warm White Chocolate Mocha is even more of an indulgence. Decadent for sure — and beware, this sweet treat is not so innocent!

PICK THIS

Grande Hot Chocolate
Ingredients

2 per cent milk, no whip

Calories 290

Fat 9g

Saturated fats 5g

Sugar 41g

SKIP THIS

Grande White Chocolate Mocha
Ingredients

2 per cent milk, whipped cream

Calories 470

Fat 18g

Saturated fats 12g

Sugar 60g

HERE'S WHY

As much sugar as 12 French Cruellers from Country Style

The regular Hot Chocolate uses a syrup rather than chocolate, and opting to skip the whipped cream makes a difference as well. The White Chocolate Mocha is higher in calories, fat and sugar due to the addition of white chocolate, as well as the whipped topping. You've just ended up with **one quarter of your daily calories** and one and a half days' worth of sugar.

Enterovirus panic subsides — for now

STUDY
Doctors expect fewer cases this year after 2014 outbreak

What a difference a year makes.

In late summer and fall of 2014, doctors were reporting clusters of children across the U.S. and Canada being hospitalized with severe respiratory distress due to enterovirus D68, a bug that hadn't caused an outbreak in North America for years.

This year, it appears EV-D68 has disappeared from the mix of cold viruses giving people runny noses and congested lungs — but how long it will stay quiescent is anybody's guess.

"I think we're not going to see it this year," said Dr. Danuta Skowronski, an infectious disease specialist at the B.C. Centre for Disease Control, who is involved in the tracking of pathogens like EV-D68.

"We found no enterovirus D68 detections between Aug. 1 and the end of September this year," she said, referring to testing of patients with respiratory illnesses. Last year at this time, B.C. had already recorded 18 patients with EV-D68, 13 of whom needed to be hospitalized.

"I don't say it's been eliminated, but I don't think it's going to circulate at the kind of wide-


Children infected with enterovirus were hospitalized 15 to 20 times more often than adults. ISTOCK

spread epidemic levels" seen last year, Skowronski predicted.

And widespread it was — even more so than initially thought, suggests a study led by Skowronski and published online last week in the journal EuroSurveillance.

While most studies of the 2014 outbreak looked at only cases requiring hospital admission to determine incidence and prevalence rates, the B.C. study included both hospital- and community-based patients to get a more accurate picture of EV-D68's effect on the population, using surveillance data from B.C., Alberta and Quebec.

Overall, researchers found an eight-fold increase in detections of the virus from October to December 2014, compared to the same period a year earlier.

They also found that an equal proportion of children and young adults who saw a community-based doctor for a respiratory illness tested positive for EV-D68, suggesting that a wide range of age groups was susceptible to the virus — not just children.

However, children infected with the virus were admitted to hospital at a rate 15 to 20 times higher than adults, Skowronski said.

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CONTINUING EDUCATION

First-day jitters a few decades later

A drive to learn doesn't fade with age, and neither do those back-to-school jitters. Not even for adults who have been through it all before.

Heather Waugh-Gordon, 35, found herself experiencing some of those familiar pangs of anxiety when she sat down last year for her first lecture at Seneca College, 12 years since she first graduated from college in her native Jamaica with a tourism and hospitality degree.

Surrounded in the Markham campus auditorium by baby-faced peers, Waugh-Gordon felt self-conscious about her age.

"Funnily enough, I didn't think much about it until that first day of classes," she recalls.

When another student remarked to her that they appeared to be among the "older" students in class, she asked how old her classmate was.

"She said, 'I'm like the only 24-year-old

here,' and I thought, 'Oh geez, I'm a little bit older than you are.' She has no idea."

Ontario colleges and universities saw an uptick in enrolment numbers for mature students following the 2008 global recession. In 2009, Seneca saw an 88 per cent increase in students over 41. Mature students now account for about 60 per cent of the student body.

Waugh-Gordon had been working in the hospitality industry in Jamaica since she was 21, but opted to study in Canada so she could gain experience in managing and organizing larger-scale events and meetings.

To overcome her uneasiness during the first few months as a tourism and travel student at Seneca, she started volunteering and becoming part of the campus community through tutoring and part-time work at the school's



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recruitment centre. She also served as a student ambassador for helping newcomers through orientation.

"Everyone's nervous, even the younger kids who are leaving high school. It just comes with the territory [of post-secondary education]," Waugh-Gordon says. "But I would say it's important to get as much as you can out of this experience. It shouldn't just be 9-5, and then you go home."

That's sound advice, agrees Lily Tsonis, who facilitates mature student info sessions for

Seneca newcomers.

"There's that fear of isolation by younger peers, of not fitting in," Tsonis said. "Get to know your class, get involved in the college community and it's a much more seamless transition."

Shy or timid newcomers can participate in communication workshops. Anyone who feels their academic skills are rusty or that their tech know-how isn't quite up to snuff can also seek out the learning centre for extra help, or get in touch with the counselling centre.

Open the door to your next career at Patal

While searching for employment through a job agency, Laninia Higheagle stumbled across a continuing education opportunity that would open the door to a rewarding career.

"I didn't think I was ready to go back to school," says Higheagle. "The agency I was working with forwarded me a job posting that Patal Vocational School was looking for an administrative assistant. I got an interview, the school gave the job to another person but invited me to job shadow. I learned even more about Patal and decided to apply as a student."

In the 38-week Office Administration program, Higheagle was able to build the confidence and skills she needed for entry-level office work.

She says the program, which helps students to develop proficiency in Microsoft Office, basic accounting and business communication, not only fosters a supportive approach but is extremely relevant.

"The instructors really did go over and above to help in any way they could to make sure all students finished and succeeded," she says. "On top of that, I didn't feel like I was being taught anything I was never going to use. To this day, I still put all the practical training to use."

Having completed the offering in July 2014 and secured a job interview before



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she even graduated, Higheagle currently works as an intergovernmental project assistant in the Aboriginal relations division of corporate support services for the City of Winnipeg.

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Manitoba increases opportunities to earn engineering degrees

This fall, Red River College (RRC) engineering students are learning how they can use college credits and prior work experience to help them earn an engineering degree from the University of Manitoba (U of M).

It's all part of a new \$375,000 initiative to create something called a hybrid pathway. The initiative builds on other investments including \$500,000 to add 18 new U of M engineering seats, and \$350,000 for an on-line credit transfer portal through Campus Manitoba that works with students to make prior learning recognition and credit transfer more transparent.

Manitoba recently embraced a no wrong doors approach to post-secondary education.

It offers flexibility for those who approach post-secondary education in a non-sequential way or take more time to balance life needs with their education choices. The goal is to expand the program to meet both student needs and labour market demands.

"Civil, electrical, industrial and mechanical engineers are in demand in our province and increasing the number of

engineering graduates is necessary to create more good jobs and keep our economy growing," said Manitoba Premier Greg Selinger.

"The faculty of engineering at the University of Manitoba is in high-demand — attracting the best and brightest students from Manitoba and beyond," said Dr. David T. Barnard, U of M president and vice-chancellor. "This investment ultimately will enable us to graduate more engineers, responding to a real and pressing need in our province."

"Red River College is proud of the quality of its graduates and we welcome opportunities for them to further their education as a result of this pathway program with the University of Manitoba," said Paul Vogt, president and CEO, Red River College. "When you combine the experience our students receive from both institutions, it's a recipe for success that will have a considerable benefit to many industries here in Manitoba."

The hybrid pathway will become fully established over the next few academic years, able to transition about a dozen students each year to U of M engineering degree programs.



Content Solutions

Further your career as a pharmacy technician

Manitoba Institute of Trades and Technology (MITT) is a public institution with the mandate to train people for new or enhanced employment opportunities — including those interested in furthering their careers as pharmacy technicians.

MITT is the only institution in Manitoba with a pharmacy technician program with full accreditation status from CCAPP, so they are the only institution able to offer the national pharmacy technician bridging education program.

“The national pharmacy technician bridging education program is a great opportunity for those in the field to deepen their knowledge of their discipline and ensure adherence to legislative requirements well in advance of the December 2018 deadline,” says Greg Scheelar, workforce development consultant.

This program is for pharmacy assistants wanting to gain their pharmacy technician designation.

The national pharmacy technician bridging education program was designed by NAPRA, the National Association of Pharmacy Regulatory Authorities.

This nationally accredited training is



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required for all pharmacy assistants who wish to gain their pharmacy technician designation.

It addresses training requirements that

arose from the implementation of the new Pharmaceutical Act in January 2014, which had a significant impact on the scope of practice for pharmacy technicians.

The bridging program can be taken either before or after the qualifying examination and it is a requirement for all graduates of a college that is not accredited.

IT prepares people to write the Pharmacy Examining Board of Canada's (PEBC) Exam.

“Some graduates of accredited programs have also used these courses as a “refresher” prior to writing the PEBC Exam,” says Scheelar.

There are four courses in the program: professional practice, management of drug distribution systems, pharmacology and product preparation.

“These are all essential pieces in taking on the new responsibilities of a pharmacy technician,” says Scheelar.

To be eligible for this program, students must already be working in the role of a pharmacy technician.

The next round of courses for this program begin in January, 2016.

For more information about the pharmacy technician bridging program and dates and locations for the next intake, visit mitt.ca.



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Herzing College offers full-time online programs with all the content of their on-ground programs.

"This means that every student, whether in a classroom or online, experiences the same robust curriculum," says Karen Keppler, online instructor, Herzing College.

Keppler says that people often say that they would prefer a classroom and face to face interaction.

"That belief dissipates once they have taken an interactive, carefully designed online course," says Keppler.

"There are plenty of meaningful interactions – online meetings, discussions, group work, Skype, email and other traditional communications like home and cell phones."

Keppler instructs the online administrative assistant program and says most of her students

do not have a classroom option because they are caring for children or parents, or are working during the hours that classroom delivery is offered.

"Online opens education to people who have no other option, it does not stop traditional classes - it is a way to offer more education to more people," says Keppler.

"The students are grateful for the opportunity to gain an education on their timelines."

Online learn does take a lot more focus and discipline than traditional in-class delivery formats.

"In a class there is an automatic focus, facing forward and listening," says Keppler.

"Online the student must find their own focus and can enter into lessons from many directions; watching videos, reading materials, discussing the lesson with the teacher or other students, writing, working on projects and of course referring to a text."

She says this can be a real advantage for students it allows them to work the way they learn



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best. From Keppler's experience teaching an online program for a number of years, she is happy with the results she sees from her students.

"My students are hardworking and I have come to admire the persistence they show to

develop a good career," says Keppler.

For more information about the online administrative assistant program or any of the other online programs offered through Herzing, visit herzing.ca.

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"We have a remarkably flexible program, offering on-site classes, credits for distance students all over Manitoba through our web-based course option, and any combination or mixture of the two," says Joel Boyce, education director, Louis Riel Institute.

Louis Riel Institute offers all streams of mathematics, two streams of English, and many option courses like physical education, psychology, physics, biology, and automated office (a computer skills course).



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In addition, they can arrange for-credit work placements and apprenticeship trade credits. Louis Riel Institute also understands the needs of each students are as individual as the student.

"We help to find students' funding, daycare subsidies, we provide emotional support, lots of extra academic help, form bonds with our students, have fun whole school activities to help them form bonds with each other, and basically try to provide anything and everything a student needs, whether it's a hot breakfast, extra lunchtime homework help, or just a person to listen," says Boyce.

For more information, call 204-984-9480 or stop by the Manitoba Metis Federation home office building at 103-150 Henry Avenue.

PACE CHECKS ALL BOXES FOR HR MANAGEMENT COURSE

As an aviation professional for over 19 years in India, Guneet Kaur Dikshit has always had the opportunity to work and interact with a variety of individuals with varied skill sets.

After coming to Canada, Dikshit decided to pursue a career in human resources and chose PACE (The University of Winnipeg's Professional, Applied and Continuing Education) for her studies.

"As a Commissioned officer serving with the Indian Air Force, I've had hands on experience leading, managing, training, and motivating personnel working in various flying squadrons," says Dikshit.

"People skill, being an instinctively developed skill over long years and difficult circumstances, human resources became a natural choice for me."

When researching universities with human resource management programs in Canada, Dikshit found PACE matched all her criteria — course content, cost, program duration and diverse student pool.

"I realized that I needed to be in a place, which would not only give me a well-recognized qualification, but also the essential insight into the 'Canadian' way of life," says



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Dikshit. For Dikshit, the most valuable part of her experience at PACE was the internship towards the end of the program at Great West Life, which landed her a job as a recruitment coordinator for the same company.

"All along it's been an amazing journey," says Dikshit.

For more information about the full time human resource management diploma at PACE, visit pace.uwinnipegcourses.ca.

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When you are an adult, heading back to school can not only be fun, but can help turn a hobby into a career, help you get ahead in your current career, or even just bring more satisfaction to your life.

No matter what the reason for wanting to further your educational journey, the School of Continuing Education at Red River College covers a wide range of topics — from culinary arts to communications to business to health sciences to trades.

"If you're looking to upgrade a skill, learn a new talent or position yourself for career advancement, then RRC's flexible delivery options will help you get there," says Vera Godavari, communications, RRC.

"We develop relevant courses and programs to help students succeed in their career and/or move up to a new one."

For those looking to advance their careers, RRC ensures that courses and programs are pathways to industry-recognized credentials, content that's relevant to real-world settings,

and flexible delivery to help balance the challenges of work and life.

Godavari says there is currently a demand for certified project managers locally and abroad and RRC offers programs to meet this demand for skills project managers.

"Our project management program has taken the fundamentals course up a notch by creating "industry flavours" for those working in the engineering, aerospace and manufacturing sectors," says Godavari.

"Earning your certificate here prepares you to write the industry certificates, and earning that certification can increase your income while benefiting your employer."

RRC offers the program in-class and online, and both programs are taught by instructors who are currently working in the field.

"Our programs help our grads get hired into careers they enjoy," says Godavari.

Like the project management programs, RRC offers a number of other courses online.

This allows students to learn when and



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where it is convenient for them, without having to take away too much time from work, family, or other commitments.

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Virtual campus the solution for many students

Robertson Online is the natural extension of the quality educational experience students have come to trust from the bricks and mortar campuses for over a century.

"By integrating technology and course offerings we provide a viable solution for students looking to continue to work and manage family commitments during your studies," says Keith McConnell, director, Robertson College Online.

"We commit to the providing supports to make this virtual classroom a great experience."

As a virtual campus, you can study from anywhere in Canada that you can connect to the Internet.

While almost anyone can benefit from online learning, it is a game changer for members of the military and their families.

For members of the military and their families, this allows unlimited accessibility and if they are posted to a new location during the course they can continue to complete their certificate or diploma uninterrupted.

"It is important for Robertson College to offer these scholarships as we have had spouses of military work for us and study with us and we know how hard the military life can be on

families," says McConnell.

"It is difficult to study while often on the move and even tougher to find a good job once settled in their new location."

Robertson Online programs help them get qualified quickly so they can find a good job wherever they get posted next.

To assist members of the military further, the Canadian Forces Appreciation scholarships enables Robertson College to recognize the contributions and sacrifices of military personnel by offering them a significant discount on their tuition fees.

"Most importantly it is just a small effort we can make to recognize the enormous sacrifice these families make for all Canadians," says McConnell.

Robertson Online is also ideal for students looking for more control over their schedules.

Online students are also privy to the same student services that are available to students who attend classes on campus, such as career services.

Military members may check out CFAppreciation.ca for information.

For more information about Robertson College Online or the Canadian Forces Appreciation Scholarships, visit robertsoncollege.com.



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Needs of community prompts new certificate

Once you have earned your bachelor's degree, there is often a misconception that the only remaining option for continued learning is to pursue another degree or enroll in post-graduate studies.

The introduction of post-baccalaureate certificates at the University of Manitoba Extended Education Division fills an important gap that provides graduates with programs designed with the needs of employers in mind.

"Our post-baccalaureate programs will appeal to the common needs of two distinct groups of graduates," says Dr. Gary Hepburn, dean of Extended Education at the University of Manitoba.

"Recent grads may recognize the benefit of learning how to nurture their leadership potential to make them a more appealing employment candidate to the industry connected to their field of study, while someone who earned their degree some time ago may be looking to enhance their effectiveness as a leader and build on the success they've already achieved within the organization where they're currently employed." Post-baccalaureate programs are a new offering from Extended Education at the University of Manitoba that continues to reflect

the commitment of the Division to respond to the needs of the broader community with the quality programming that students, and employers, expect from the University of Manitoba as one of the top comprehensive universities in Canada.

"We understand, quite clearly, that students, employers and other stakeholder groups have made a significant commitment to ongoing education that creates an engaged, agile and responsive workforce," says Hepburn.

"Our role is to deliver programs that facilitate the type of continuing education that gives companies and organizations a competitive advantage that makes them an employer of choice."

There will be several new post-baccalaureate programs introduced over the next few years. Some will be offered through traditional classroom-based delivery, while many will be available online or through a blended approach that combines classroom and online delivery methods. The first courses of the new post-baccalaureate certificate in applied leadership begin in January. To learn more about the post-baccalaureate certificates at the University of Manitoba, visit umanitoba.ca/coned/coned/pbcal/.



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You've recently earned your Bachelor's Degree – you may be looking for a way to make a connection between the knowledge you've gained in your field of study and the added insight to really make a difference with potential employers.

If you've had your degree on your resume for a while – you may be looking for a way to add a credential and gain important insight to expand what you bring to the table in your company or organization.

Our new Post-Baccalaureate programs could be the perfect fit.

In January, we will introduce the first courses in our Post-Baccalaureate Certificate in Applied Leadership.

To find out more, or to register for courses in January, please contact the Extended Education Division at the University of Manitoba today:

Phone: 204-474-9921

Email: leadershipce@umanitoba.ca

Online: <http://umanitoba.ca/coned/coned/pbcal/>

Extended Education |  UNIVERSITY OF MANITOBA

The basics of hot stone massage

Continuing education is beneficial to every massage therapist and critical in providing the best client care.

This December, Wellington College is holding a hot stone massage course, open to massage therapy students and registered massage therapist

"With colder weather approaching, hot stone massage is a great way to treat your clients during our cold winters," says Tricia Neill, operations manager, Wellington College.

"Also, the gift of massage therapy is very popular during the holiday season, especially a specialized gift such as a hot stone massage."

In this program, participants will learn how to set up and properly care for massage stones.

They will also learn about the benefits and contraindications of hot and cold stone therapy as well as various techniques, including spinal and chakra layouts, to competently perform a 90-minute hot stone massage.

"This program is a great way for massage therapists to expand business with the addition of another modality that is so easy



SHUTTERSTOCK

to incorporate into just about any client's treatment plan," says Neill.

To receive a certificate, participants will need to attend this three-day workshop, plus perform and document 15 additional hours

of hot stone massage, including a written exam component.

"Hot stone massage can be used as an adjunct to a regular massage treatment," says Neill.

"Sanitized stones are warmed in water and positioned on parts of the client's body."

Stones used in this program are very smooth stones made of basalt.

"Recipients of hot stone massage benefit because heat from the stones helps your muscles relax, which allows the therapist to manipulate your muscle tissue more effectively," says Neill.

"Individuals with certain conditions—including pregnant women and people with high blood pressure—are advised to avoid this type of therapy."

The hot stone massage course takes place on Dec. 11 to 13.

"All of Wellington's workshops are approved by the Massage Therapy Association of Manitoba for Continuing Education credits," says Neill.

Hot stone massage is also offered as a service in the student clinic.

Call 204-957-2402 to schedule an appointment for this or other massage therapy services in the student clinic.

For more information about this workshop, or any of the other workshops, visit wellingtoncollege.com.

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More viewers tuned into Sunday Night Football (average of 23 million) than Game 5 of the World Series (17.2 million)

Shapiro faces music over AA

BLUE JAYS

New president has awkward first day, says Gibbons staying

Mark Shapiro stepped into the media firing line on his first day on the job as president and chief executive officer of the Toronto Blue Jays.

Peppered with repeated questions about the departure of Alex Anthopoulos, the longtime baseball executive didn't shine any light on why the former general manager decided to move on.

"Not the transition that I originally expected," Shapiro said. "Not the opening press conference that I had envisioned."

It was a somewhat awkward 45-minute introductory session Monday at Rogers Centre, but the polished and engaging Shapiro was up to the task. He took care of a few business items at the start, announcing that assistant GM Tony LaCava would replace Anthopoulos on an interim basis and confirming that manager John Gibbons will return next year.

Shapiro called it an "incredibly exciting time" to be joining the Blue Jays and he expressed a desire to honour the passion that the now-retired Paul Beeston provided as team president. But the main talking point was Anthopoulos's surprise decision to turn down a new contract after building a team that came two wins away from reaching the World Series.

"A lot has been written the



Mark Shapiro had worked for the Cleveland Indians since 1992 and spent the last five seasons as their team president.

BERNARD WEIL/TORSTAR NEWS SERVICE

We made every effort afterwards to try to do everything we could to convince Alex to come back.

Mark Shapiro

past week obviously, most of it speculation, second-hand, a lot of it untrue," Shapiro said. "All that Alex communicated was honest and forthright."

Anthopoulos turned down a five-year extension last week amid reports of a difference in vision with the new president.

The 38-year-old Montreal native would only say he didn't feel like it would be the right fit, adding it was his choice to leave.

Shapiro said he was disappointed and surprised that Anthopoulos turned down the team's offer.

"It was my sincere hope that I would have the chance to learn from him, to partner with him and to work with him," he said. "Yet he's obviously earned the right to make the decision he made and I respect that decision. With that respect and the finality of that decision, it's time to move forward."

Anthopoulos was a popular figure in Toronto, particularly after he acquired stars Troy Tulowitzki and David Price at the trade deadline. The deals helped

+ NO LIMIT

Gone are the days of five-year contract limits for players as Shapiro says he is open to longer deals.

the Jays reach the playoffs for the first time in 22 years. His decision to leave the team at the height of its resurgence was deeply unpopular with Blue Jay fans. THE CANADIAN PRESS

NHL

McDavid is rookie of the month

Connor McDavid is the NHL's rookie of the month after putting up five goals and seven assists in his first 12 games for the Edmonton Oilers.

McDavid stood out in a strong class of rookies, which includes Max Domi of the Arizona Coyotes (11 points in 11 games), Artem Panarin of the Chicago Blackhawks (10 points in 11 games), Nikolaj Ehlers of the Winnipeg Jets (eight points in 11 games) and Colton Parayko of the St. Louis Blues (seven points in 11 games).

Dallas Stars captain Jamie Benn, who leads the league in scoring with 17 points, was named the first star of the month. Montreal Canadiens goaltender Carey Price, who went 7-2-0 with a 2.01 goals-against average, .936 save percentage and two shutouts before suffering a lower-body injury, was the second star.

Boston Bruins centre David Krejci earned third-star honours with 15 points in 10 games.

Teammate Brad Marchand was the first star of the week with four goals and two assists in three Bruins victories. Blues goaltender Jake Allen was the second star as he went 3-0-0 with a 0.98 goals-against average and .963 save percentage.

Edmonton's Taylor Hall was named the third star of the week after recording two goals and five assists over three games. THE CANADIAN PRESS



World Series MVP Salvador Perez with the Commissioner's Trophy. GETTY IMAGES

WORLD SERIES

Kings of comebacks crowned champs

The jersey that Eric Hosmer wore in the decisive game of the World Series is headed to the Hall of Fame. So is the glove Salvador Perez used, the spikes Lorenzo Cain laced up and the bat that third baseman Mike Moustakas took to the plate.

Maybe they ought to ask for the goal posts from the University of Kansas.

Those were torn down inside Memorial Stadium in the wee hours Monday morning, shortly after the Royals beat the New York Mets to win their

first championship in three decades. Thousands of fans shot off fireworks, stormed sporting goods retailers to buy the latest apparel, and spent the night partying as if it was New Year's Eve in downtown Kansas City.

"Our fan base and our team share a real special bond," Hosmer said. "That's grown throughout the whole entire world, I think, as the fans have watched us compete throughout this post-season."

The Royals won 95 games

7

All told, K.C. trailed by at least two runs in seven of its 11 playoff wins.

during the regular season and earned home-field advantage throughout the playoffs. But they never seemed to be the favourites — not against the plucky Astros, the powerful Blue Jays or against the hard-

throwing Mets' starting rotation.

They trailed in all five games against the Mets, winning three times when they were down in the eighth inning or later — something no team had ever accomplished. In the decider, the Royals became the first team since the 1939 Yankees to trail by two runs in the ninth inning or later of a potential clinching game and somehow rally to victory. They walked off with a 7-2 win after 12 innings.

THE ASSOCIATED PRESS



Oilers' Connor McDavid. RONALD MARTINEZ/GETTY IMAGES

RECIPE One-Pot Sweet Potato and Arugula Pasta



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- Salt and pepper to taste

Directions

1. Combine penne, arugula, sweet potato, garlic, shallot, rosemary, 2 Tbsp oil, salt and water in a stock pot. Bring to boil over high heat. Cook, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, about 10 minutes.
2. Remove pot from heat and take out the rosemary stem. Stir in the last tablespoon of oil, cheese and season with salt and pepper to taste. Serve with another sprinkle of cheese.

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Ready in

Prep time: 15 minutes

Serves 4

Ingredients

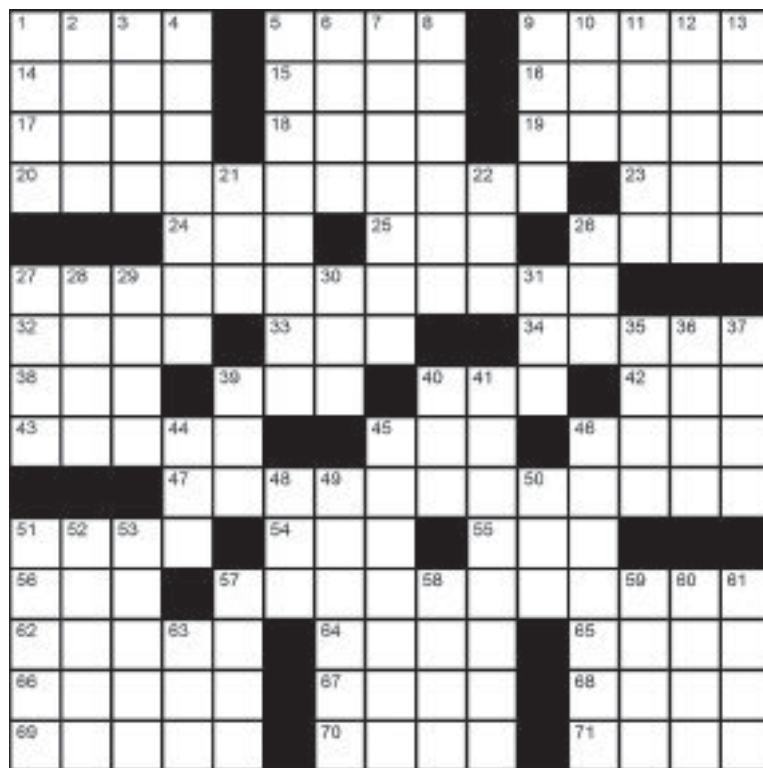
- 500 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes
- 4 garlic cloves, thinly sliced
- 1 shallot, cut into thinly sliced
- 1 sprig of rosemary
- 3 Tbsps of olive oil, plus 1 for garnish

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Serving of mushy food
5. Legis. meeting
9. Moon-related
14. Bear of cartoons
15. __ Wyck (1941 book by Victoria artist Emily Carr)
16. Purpose
17. Daybreak, in verse
18. Twelvemonth
19. Ancient water nymph
20. Modern way to potentially meet a mate: 2 wds.
23. Lucky number, ancient Rome style
24. "___ don't." (Retort to "Yes, you do.")
25. Figure skater Ms. Babilonia
26. ___ off (Repel)
27. Thrift store with locations in Canada: 2 wds.
32. "What's ___ for me?": 2 wds.
33. Earlier than now
34. Empire of Mexico
38. Goose, in Gaspé
39. McSteamy and McDreamy, e.g.
40. Mata Hari, for one
42. Mr. Holbrook
43. "Party Rock Anthem" duo
45. Me: French
46. Unadorned
47. Recently released Drake single: 2 wds.
51. Shrub
54. Come in first
55. Dove's murmur



56. And so forth, for short
57. Canadian director of Adele's "Hello" music video: 2 wds.
62. Broadcaster
64. Nylons hue
65. Currency in Chile
66. Going-under-

- water gear
67. Droops
68. At all?
69. Certain cat
70. Hot to ___
71. "Oh, give me a home where the Buffalo ___."

DOWN

1. Rep-doing facilities
2. Ribbon's bow part
3. Monster
4. Pesto's one-of-some ingredient: 2 wds.
5. Parachutist
6. Zeno of ___ (Ancient

- Greek philosopher)
7. City in a Tom Hanks/Meg Ryan romantic comedy
8. Soap Opera, for one
9. Breather's need
10. Steve Miller Band song: "Living in the ___."
11. Gullible
12. "Encore!"
13. Made over
21. Deer's mom
22. Ms. Peeples
26. "That '70s Show" character played by Wilmer Valderrama
27. Played-with-a-bow instrument
28. Cartooning, curtly
29. Poet's 'willingly'
30. U.S. tax bureau
31. Marcia ___ Harden
35. Spicy cuisine
36. Garner
37. Horsefly
39. Ski-___
40. "___ of the Mask" (2005)
41. Dessert component that needs to be filled: 2 wds.
44. Ohh's kin
45. Small vehicle
46. Television actor's mistake
48. Ex-airline
49. Most happening-right-now television broadcast, say
50. Physique, for short
51. Creature
52. Mohawk Valley city in New York
53. Pre-surgery cleanse
57. Skeleton snapshot
58. Consequently
59. Prefix that means 'To the left'
60. Aboard the ship
61. Benchmark
63. ___ tide

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have pushed yourself hard and may need to slow down a bit. Today's Venus-Mars union encourages you to spend less time at work and more time with the people you love — and one very special person in particular.

Taurus April 21 - May 21
You think you can take on the world and win. Confidence is a wonderful thing, and with your ruler Venus on good terms with dynamic Mars today nothing is beyond you. Go for it!

Gemini May 22 - June 21
Keep lines of communication open. You don't have to pretend that you like certain people but you do have to work with them and that means you have to talk to them too.

Cancer June 22 - July 23
It will be easy to get your message across today. The people you deal with seem much more receptive. The only danger is that once you start talking you may not be able to stop!

Leo July 24 - Aug. 23
Be practical where money is concerned. Cosmic activity in the financial area of your chart warns you could give too much away. Cut back on your spending a bit and on your generosity a lot.

Virgo Aug. 24 - Sept. 23
The union of Venus and Mars in your sign means you will be a lot more assertive but also that you will be able to charm other people to give you whatever it is you desire.

Libra Sept. 24 - Oct. 23
Assess your life in depth. Some conclusions you reach will surprise you. You may see yourself as a thinking person but it is your emotions you should pay more attention to now.

Scorpio Oct. 24 - Nov. 22
You may have to give up on something that is never going to work but there is no need to feel bad about it. New opportunities will present themselves over the next few weeks.

Sagittarius Nov. 23 - Dec. 21
You will no longer be content to play a minor or supporting role at work. The fact is you have more talent in your little finger than many of your colleagues have in their whole bodies, so make sure you get noticed.

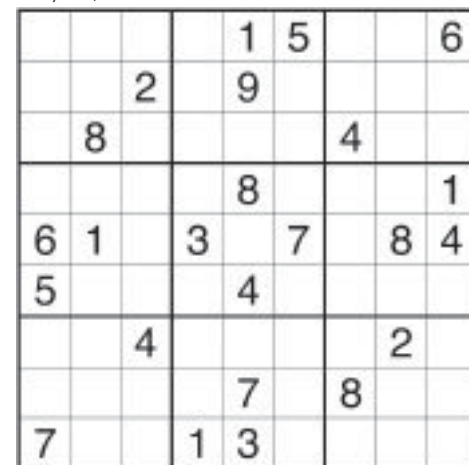
Capricorn Dec. 22 - Jan. 20
You will find it easier to understand why certain people think and act the way they do. It takes all sorts to make a world and you have no more right to demand that they be different than they have to demand it of you.

Aquarius Jan. 21 - Feb. 19
There is nothing to fear but fear itself. Of course, it is easier to say that than to believe, but if you face each challenge calmly you may be surprised by how easily you cope.

Pisces Feb. 20 - March 20
You must decide whether or not you are going to commit to a partnership of a personal or professional nature. With Venus and Mars on your side you are sure to make the right call.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Artists rendering of the RBC Convention Centre after an expansion and renovation. CONTRIBUTED

The toast of the town once again

CONVENTION CENTRE

Opened in 1975, the centre is getting \$180M upgrade

Donna Maxwell

Winnipeg's Convention Centre was the talk of Canada when it

opened in 1975, but over the years its upgrades and improvements were few and far between, or as Bob Silver, chairman of the RBC Convention Centre Corporation puts it, Winnipeg's facility wasn't "keeping pace".

All that is changing, with a \$180 million investment in expansion and renovation of the York Avenue building, and by the time the ribbon is cut in March 2016 the convention centre will once again be the toast of the town.

"(The expansion) means that the City of Winnipeg can attract conventions of a different size and magnitude than ever before and that we can compete with other convention centres across not only Canada but North America and hopefully bring in a lot more traffic and therefore buying power into the city," Silver said.

"Now we will have a facility that will enable us to do far more than we've ever done before."

The expansion will bring the total rentable square footage to

260,000 from its current 160,000, and will include a new main floor public lobby, concourse and registration area, a new main floor ballroom and a new additional third floor exhibition hall.

There will also be added underground parking for 150 vehicles.

The expansion includes a third floor City View Room, which will connect the north and south buildings and, as the name suggests, allow for a spectacular view of the city.

Silver said it will be impres-

sive.

"From the perspective of somebody in Winnipeg going there it's going to have a magnificent, what we call a City Room, huge ceilings and beautiful view both west and east and it'll be just a magnificent place to hold a wedding, a convention or a show."

It'll also be attractive to people wanting to hold events, Silver said, because it's designed with those who will make use of the space in mind.

"From a functional perspec-

tive...this convention centre's going to be very easy to get in and out of and it's going to be able to facilitate a lot better conventions, or shows, than before because people will be able to set up and get out a lot quicker than they had in the past," he said.

The expansion will be built to Leadership in Energy and Environmental (LEED) silver standards and, when completed, it will be the fourth largest publicly owned convention centre in Canada.

Long road for arts centre revive

GAS STATION ARTS CENTRE

Fought to be saved, the centre is a home for artists of all disciplines

Donna Maxwell

To say the Gas Station Arts Centre, located at 445 River Ave., has travelled a long and winding road to arrive at its current state of pre-ground breaking excitement would be true, and perhaps even a little understated.

The building that houses the theatre and the groups that have run and fought to save it over the years, are detailed in a blog posted on the Arts Centre's web site (gsac.ca), and it's truly a fascinating stroll down an iconic institution's road to present day.

And once you know the history — yes, it began as a gas station a century ago — it's almost impossible not to embrace the board's revitalization plan, set to break ground next year.

It stands true to the centre's role as a home for artists of all disciplines, with a special focus on being a place for fledgling artists to develop their talents, while expanding

to include co-op housing in affordable and market value units and triple their existing commercial space, all of which will make the centre viable into the future.

Nick Kowalchuk, GSAC executive director, says it's a true co-operative spirit that's enabling them to move forward and replace the hundred-year-old building with something progressive and ideally suited for Osborne Village.

He said everyone, from their board of directors, to their architect to Lakeview Realty's Wayne Bollman, who's helped guide them through the development process for two years, are integral to the project's success.

"We're kind of chugging away and we could continue this way and patch and repair, but we're trying something big and bold and at the end of the day it's going to be worth it," Kowalchuk said.

"It's that support we are so blessed to have."

Kowalchuk said with ground breaking set for summer 2016, all the players are definitely pumped, but he said they're still focused because there's still plenty to accomplish.

"It's really exciting and it's also a bit of a roller coaster because we have hurdles that we do need to overcome and deadlines that we need to reach to again, keep driving the project forward."



Outlet Collection predicts it will infuse the local tax base with \$3.5 million. CONTRIBUTED



Outlet Collection predicts it will infuse the local tax base with \$3.5 million. It hopes to attract more visitors to Winnipeg. CONTRIBUTED

A mall designed for Winnipeggers

OUTLET COLLECTION WINNIPEG

‘Purpose-built, fully-enclosed’ shopping centre will open in 2017

Donna Maxwell

Winnipeggers like nothing more than a good shopping experience, unless it's a shopping experience created specif-

ically with them in mind and they can share it with others.

That's what Ivanhoe Cambridge is about to do with Outlet Collection Winnipeg, a new mall that broke ground earlier this year off Kenaston Boulevard near IKEA, and is slated

to open May 2017.

Ivanhoe reps say they threw the cookie cutter away and designed a mall for Winnipeg, calling this Outlet Collection the country's first "purpose-built, fully-enclosed, outlet centre providing a comfortable and convenient year-round shopping experience."

And they're betting that people will come from far and wide to take it all in.

"Over 3.5 million people

visit Winnipeg each year. We anticipate that Outlet Collection Winnipeg will become one of the region's top tourist destinations. It will provide a superior outlet shopping experience to complement the city's many other world-class attractions," said Paul Gleeson, executive vice president, Global Development at Ivanhoe Cambridge.

"Ivanhoe Cambridge's expertise in the development of

fashion outlet centres in Canada is unparalleled and we are confident that this project will represent an iconic shopping destination for both the residents of Winnipeg and tourists from the neighbouring provinces and northern U.S."

Outlet Collection will employ more than 1,000 people in full- and part-time positions and predicts it will infuse the local tax base with \$3.5 million.

And while those are juicy

numbers, it seems what Winnipeggers want to know most about the new mall, is, of course, which 100 stores will they be shopping in?

That is being kept a secret for now, but if you take a look at what their Niagara store offers — everything from UGG, The North Face, Adidas, Rockport and Calvin Klein — reps say it should give you an idea of what Winnipeg's mall will offer.

Business of entertaining is thriving

TRUE NORTH

Big-name acts and shows don't overlook Winnipeg

The entertainment business is alive and well in Winnipeg, and those who like to be entertained have a lot to look forward to.

True North Sports and Entertainment (TNSE) say they marvel at the way a small market like Winnipeg continues to spend money to be entertained.

"It amazes us each and every day," said Kevin Donnelly, TNSE senior vice president, venues & entertainment. "The market continuously punches above its weight class on entertainment."

TNSE said big name acts and shows don't overlook Winnipeg, and entertainment options will continue throughout the fall and winter. The Who, Selena Gomez, Black Sabbath, Blue Rodeo, Monster Jam, comedian Kevin Hart, and Disney on Ice are just some of the shows coming to Winnipeg in the next few months.

"There is a really healthy mix of country music, of pop music, of rock music, and other events that I think should continue to offer something to everyone," said Don-

nelly.

"For us at the MTS Centre that's been our focus — to present a wide variety of everything we can, and really touch different segments of the marketplace."

TNSE is also working tirelessly to attract superstar acts that have never been to Winnipeg like Bruce Springsteen and Madonna.

"The efforts are continuous and we will keep pushing until either they agree to come to Winnipeg or they just stop touring, and at some point one of the two will happen." TNSE is also working on bringing more and more events to the Burton Cummings Theatre than ever before.

"We are going from about 30 events per year to between 65 and 70 events at the Burton Cummings Theatre, which is really remarkable, and our experience at the Burt so far has been overwhelmingly positive."

Whether its shows at the MTS Centre or other venues, TNSE believes the people of Winnipeg will continue to spend their dollars to be entertained.

"Winnipeg is a market that is consistent in supporting these kinds of things, and we do everything to give them the best experience possible because we never take it for granted."

FOR METRO



The MTS Centre hosts a mix of country, pop and rock music — along with many other events. ISTOCK



Selena Gomez is among the big name acts performing in Winnipeg this fall and winter. SHUTTERSTOCK



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Peg Beer Co. leading the way in craft beer

THIRSTY?

Brewpub hopes to be rolling in time for ringing in the New Year

Donna Maxwell

Love Winnipeg? Love beer? Welcome to Peg Beer Co.

When the province relaxed some of its liquor laws earlier this year it made it more viable for brewpubs to open in the city, and first out of the gate is Nicole Barry, recognizable in the craft beer industry as the former CEO of Half Pints Brewery.

Barry has been hard at work transforming 125 Pacific Ave., — a former machine shop and more recently home of Edge Skatepark — into the Peg Beer Co.

She's hoping thirsty Winnipeggers will get to indulge in her first four-to-six craft brews by late December or early January and she's excited to get things rolling.

"When you walk in it's gonna look like a brewery, with a restaurant in it," Barry said.

"It will have an industrial feel, we want you to feel like you're in a working brewery because it is just that. It's not a showpiece brewery, this is a real working brewery."

Changes to provincial legislation mean that Barry can also distribute her selection of craft beers, so they can be sold at liquor marts and beyond.

That, along with some changes to the ration of alcohol-to-food sales made the decision to open the brewpub feasible. Being a numbers girl, Barry said the changes

gave her the green light to pursue her dream.

"I am a CGA, an accountant, and that's where that background comes in. So I'm leveraging the change in legislation and aligning that with my passion for craft beer, and Winnipeg, and opening something up that I really hope that the Exchange District, Waterfront area and Winnipeg embraces."

Barry has assembled a top-notch team including Chef Aron Epp, formerly of Diversity Foods, and they're developing their menu, which she describes as "pub food, but elevated". She's keeping the menu under wraps for the time being.

"I don't want to give too much away, but it will be focused around flatbreads and we're gonna be working on doing our own in-house charcuterie, and trying to line up with as many local suppliers as we can."

As for the beer, Barry can't wait.

"We're pretty excited. We have our brewing team hired and lined up and we're giving them the task to put the finishing touches on the recipe development and get some samples for us to try, so we're excited about that," she said.

And if you think you don't have a sophisticated enough palate for craft beer, Barry hopes you'll think again.

"As a general rule of thumb, craft beer can sometimes get a reputation as being snobby or elitist, but I really don't believe in that approach," Barry said.

"I believe that everybody is welcome, we're not snobby and elitist at all, after all it's just a brewery in Winnipeg. We're very humble in our approach and if somebody would like to take a chance on trying something interesting and new, we're certainly happy to walk them through that process."



Nicole Barry, former CEO of Half Pints Brewery, outside Winnipeg Beer Co., home on Pacific Avenue. CONTRIBUTED



Is craft beer only for sophisticated elitists? Not at Peg Beer Co., says Nicole Barry. ISTOCK IMAGES

Neechi Commons gives the North End a sense of pride

GROWING

Neechi Niche hosts artists, book launches, artist talks and workshops

Danelle Cloutier

An indigenous-owned co-op is transforming Winnipeg's North End.

Neechi Commons is the city's largest commercial employer of First Nations and Métis people.

Since it opened in March 2013, the supermarket, restaurant, bakery, produce shop and indigenous arts store has created about 50 jobs and that number is likely to go up.

"Up to now we've been struggling from the heavy, heavy debt load that came out of the construction period two and a half years ago," said treasurer Russ Rothney. "And for the first time, it's no longer going to be an issue."

Neechi Commons has been doing so well lately namely because the supermarket slashed its meat prices by as much as 50 per cent.

"Doing things the big stores do not and often cannot do is a key to our success," said Rothney.

The lower meat prices have actually increased sales of other



Arlea Ashcroft, the operations manager and curator of Neechi Niche. CONTRIBUTED

groceries, which will now allow them to raise wages and bring in accident and sickness benefit packages for its employees. "This is like a new day coming," said Rothney.

The restaurant at Neechi Commons is also rebranding as Bisonberry Restaurant and Catering. It's overhauling the menu, increasing the indigenous specialty items during the lunch hour and serving breakfast earlier.

"The biggest and best part is the community pride," said Arlea Ashcroft, the operations manager and curator of Neechi Niche, the art gallery and shop at Neechi Commons.

"People walk into this store all the time and they're so

thrilled this is here in their area, in their community, for them and it represents them, their friends and their family."

Neechi Niche represents, showcases and sells the work of more than 200 artists, many of who live in North Point Douglas, one of Winnipeg's poorest neighbourhoods.

"It brings a real life to an area of the city that's known as an economically depressed zone that didn't have much hope," said Ashcroft.

"A guy walked in here the other day and said 'I feel like a Hollywood Indian.' It was the strangest most awesome compliment I've ever heard," she said.

Neechi Niche represents both emerging and established artists,



Neechi Commons is the city's largest commercial employer of First Nations and Métis people.

DANELLE CLOUTIER PHOTOS

and hosts book launches, artist talks and workshops.

"Some people didn't even know their work was viable,

that their work could really be considered art. Then they come here and all of a sudden it's selling and there's a sense of self

pride," said Ashcroft.

"This is a jewel in the crown of the North End. It's a place for healing of the soul," she said.



Goldeyes pitcher Brendan Lafferty says he'll be back in Winnipeg in May for the Goldeyes' 2016 season. PHOTO COURTESY GOLDEYES

Goldeyes pitcher sets sights on next season

BASEBALL

Optimism that team can rebound after missing playoffs in 2015

Donna Maxwell

The Winnipeg Goldeyes may have missed the playoffs last season for just the third time in 10 years, and that's a disappointment to fans and players alike, but pitcher Brendan Lafferty was able to take some positives from the team's play.

"We didn't make the playoffs, which is obviously our goal, but you know I think we had a pretty good season over-

all, we just kinda started in a hole," Lafferty said.

"Then we started playing good baseball (but) we just could never quite get out of the hole we set for ourselves."

Lafferty had a good year, setting a league record with 58 appearances. He'd also set team records for appearances the three previous seasons.

"It's nice. I mean that's my job to pitch as much as I can so I guess it means I'm doing my job."

Lafferty said any professional team will have off years, that's just the nature of the beast. And even though it's the off-season, he said baseball's really never far from anyone's mind, and the next season ain't that far away.

"I think next year has potential to be a good year. You always go into it with the highest expectations," he said.

Lafferty, a California native, moved to Winnipeg full-time two years ago, and while he loves the hockey culture in Canada, he admits the winters sent him on a shopping spree.

"It was a change," he laughed.

"I never had to completely revamp my wardrobe for the seasons, but it was good."

A Vancouver Canucks fan, Lafferty recently relocated to Calgary, and he said he'll keep his allegiance to his team, no matter where in the country he lives.

"I've been at MTS with my Vancouver sweater on so I can handle it," he laughed, adding he's now worn it to the Saddledome.

"I can take it."

Lafferty said he'll be back in Winnipeg in May for the Goldeyes' 2016 season.

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Hockey fever flying high in Winnipeg

ICE TOWN

AHL tickets strong despite presence of NHL Jets

Not many North American markets can say they are home to both a National Hockey League and American Hockey League team, but the passion for hockey in Winnipeg has allowed two pro teams to call this city home.

The psyche of the city of Winnipeg hit an all-time high in 2011 with the return of the NHL, and five seasons into it Winnipeg Jets games continue to sell out every night.

When True North Sports and Entertainment (TNSE) brought back the AHL's Manitoba Moose this year, they believed it could work alongside the Jets, but the reaction from ticket buyers exceeded their expectations.

"I would say we are pleasantly surprised," said TNSE senior vice president, venues & entertainment Kevin Donnelly.

"You can run the numbers and do the math and evaluations, but another part of it is your gut just tells you it will work."

TNSE is happy to offer people an alternative to the high demand and often-high priced NHL.

"There is a segment in the marketplace that just can't get a Jets tickets, and now the Moose

are developing the players that the market is keenly interested in, and the early results are overwhelmingly positive."

Having both the Jets and Moose playing in Winnipeg could mean good things for downtown businesses, said Donnelly.

"The more you can bring a variety of audiences, the better chance all these restaurant and establishments can grab a piece of what we are doing."

Donnelly saw what happened when the Winnipeg Jets made the playoffs last spring, and he hopes for more of that atmosphere this spring.

"The town went upside-down with the first round of the playoffs, so try to imagine going into deeper rounds, because we have that expectation."

The rest of the hockey world definitely took notice of what was happening here during the playoffs as well.

"A real pride came when my phone rang from people all across North America who were watching and telling me the building looked so remarkable," said Donnelly.

There is one Winnipeg hockey tradition at both Jets and Moose games that Donnelly hopes will stick around for a long time.

"That True North shout-out never ever gets old. With every staff member from housekeeping to kitchen workers to executive, it resonates with each and every one of us." **FOR METRO**



Five seasons since the return of the Winnipeg Jets, games continue to sell out every night. SHUTTERSTOCK



Winnipeg has shown the passion for hockey to allow two pro teams to call the city home. SHUTTERSTOCK



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